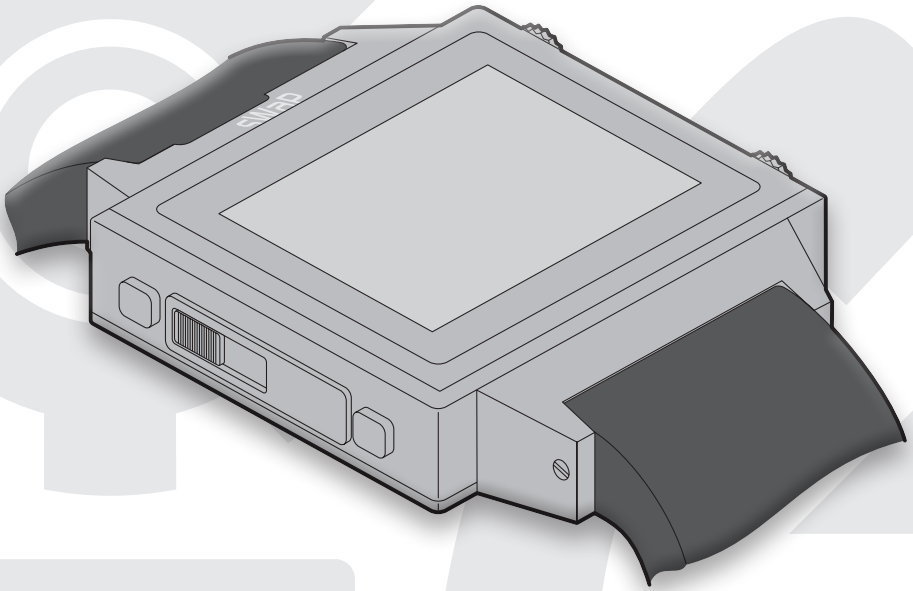
sWaP™



Signature and Active

user guide

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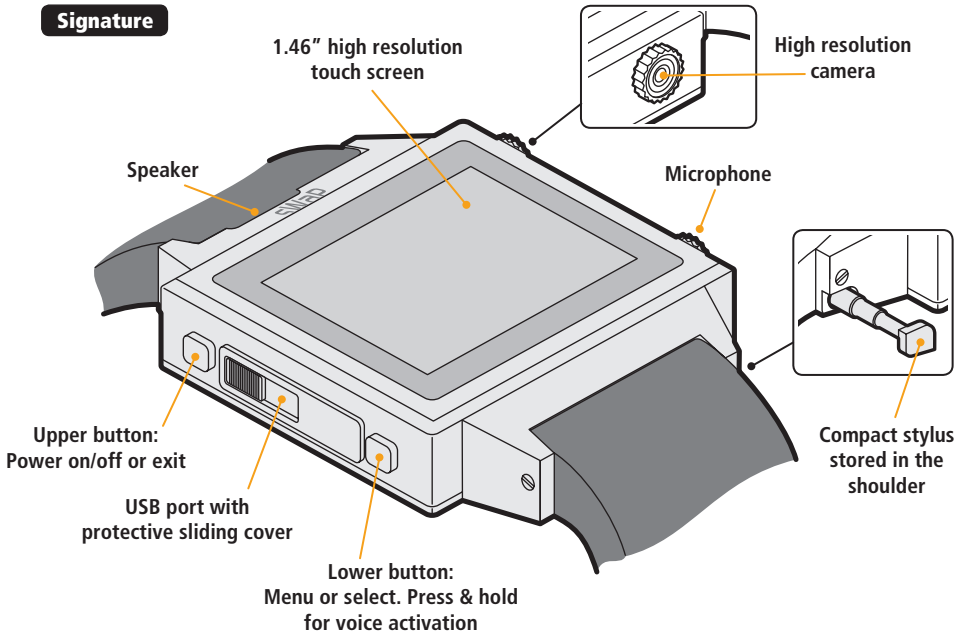
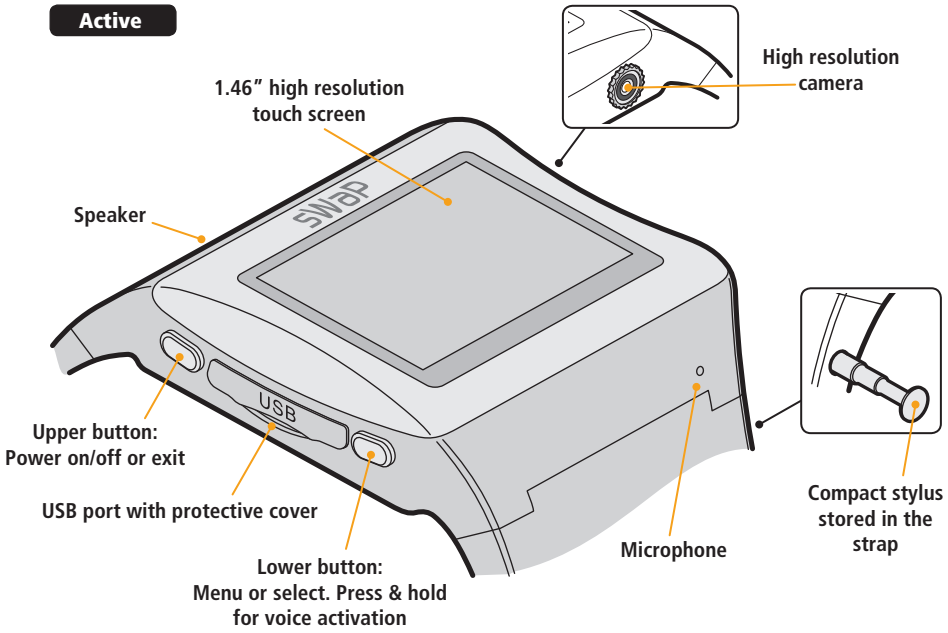
Welcome to your sWaP™ Watch

A revolutionary step forward in wrist-top communication and so much more.


Signature
1.46" high resolution touch screen
High resolution camera
Speaker
Microphone
Upper button: Power on/off or exit
USB port with protective sliding cover
Lower button: Menu or select. Press & hold for voice activation
Compact stylus stored in the shoulder


Active
High resolution camera
1.46" high resolution touch screen
Speaker
USB
Upper button: Power on/off or exit
USB port with protective cover
Lower button: Menu or select. Press & hold for voice activation
Microphone
Compact stylus stored in the strap

Things that you can do:

- Insert your SIM card page 3
- Charge the battery page 4
- Switch on page 4
- Dial/answer a call page 6
- Use the wired earphones page 7
- Use the Bluetooth headset page 7
- Use the Phonebook page 8
- Use messaging page 9
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Please also take a moment to read the important safety information located at the rear of this guide.

Contents

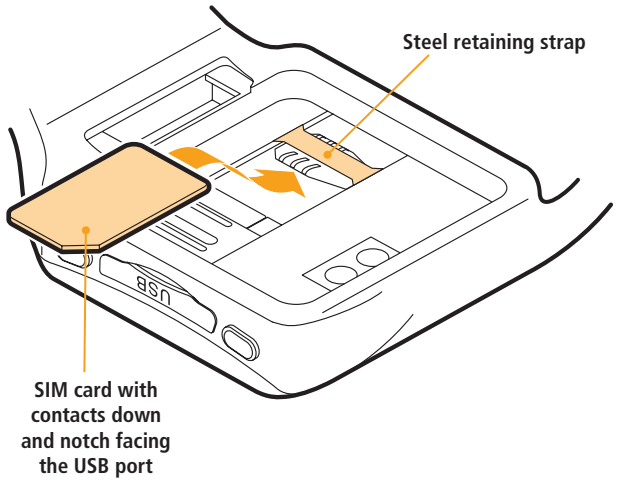
Getting started

Inserting your SIM card

Slide your SIM card, with its gold contacts downwards, underneath the thin steel retaining strap. The notched end of the SIM card must be facing towards the USB port.

If the battery is already fitted, see 'Removing the battery'.

Note: Avoid touching the gold contacts of your SIM card.

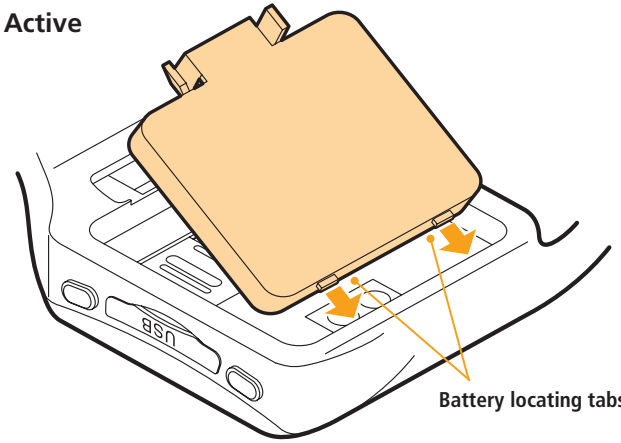


The **Active** model is shown here. The procedure for the **Signature** model is identical.

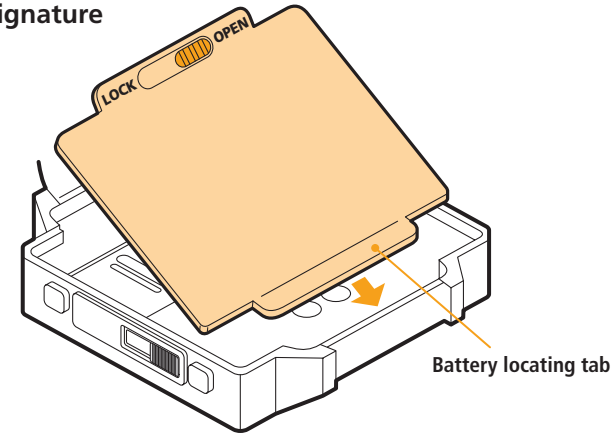
Fitting the battery

1 Insert the tab(s) at the end of the battery into the corresponding slot(s) of your sWaP watch body. Ensure that the two gold battery contacts align with the two round gold contacts within the body recess.

Active



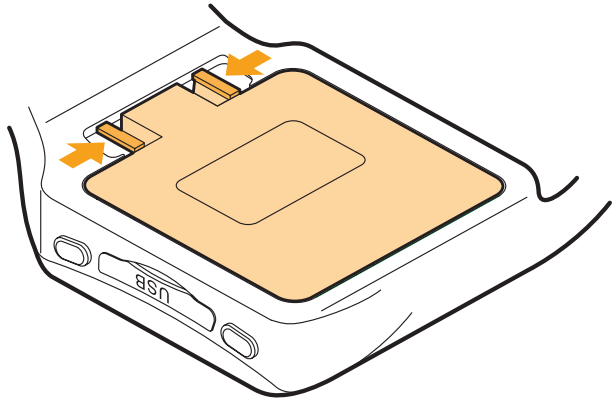
Signature



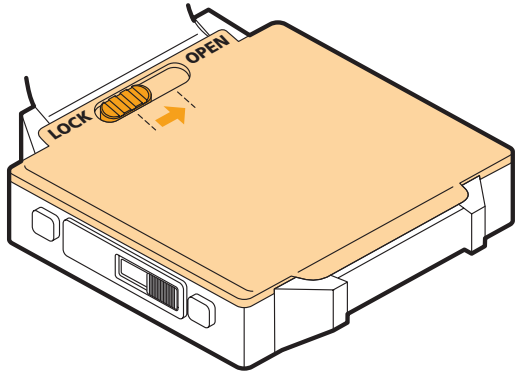
2 Press the other end of the battery down. On the **Active**, the battery should click into place. On the **Signature**, slide the locking catch across to secure the battery.

Removing the battery

On the **Active**, carefully squeeze together the two locking catches and raise that end of the battery.



On the **Signature**, slide across the locking catch and raise that end of the battery.



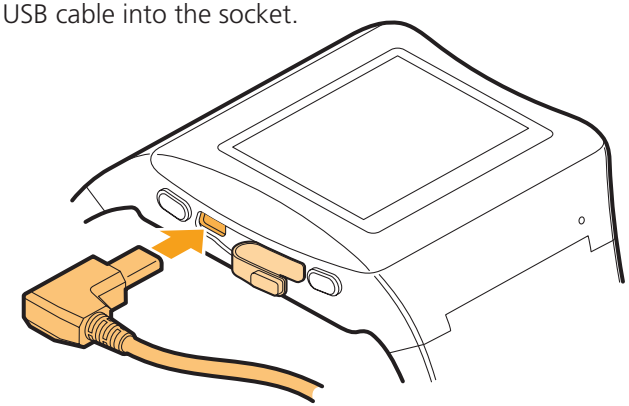
Contents

Charging the battery

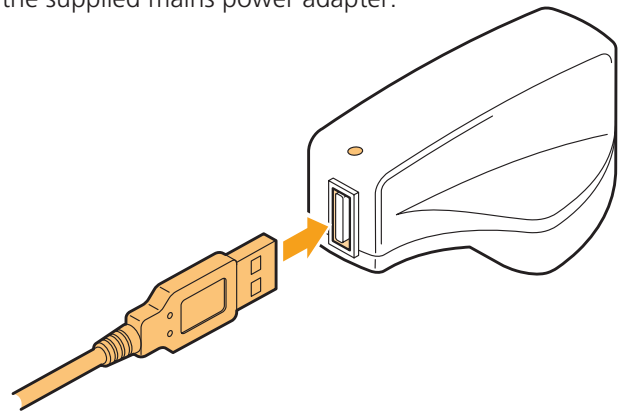
You can charge the battery either via your computer's USB port or from the supplied mains power adapter.

1 Peel back/slide open the protective cover from the USB port.

2 Carefully insert the right-angle plug of the supplied USB cable into the socket.



3 The other end of the cable has a standard USB plug which you can attach to your computer or directly to the supplied mains power adapter.

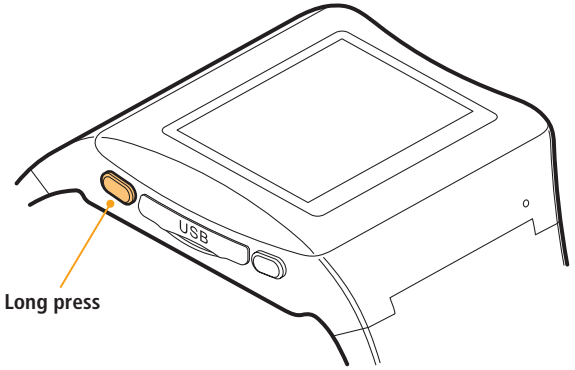


Ensure that the battery is fully charged before using your sWaP watch for the first time.

If switched on, the sWaP will show charge status symbols in the top right corner of the screen:

Switching on and off

Press and hold the upper button until the screen responds, then release.



Flight mode is available to switch off all communication aspects of your sWaP watch to let you use other features without infringing 'no mobile' rules in certain areas. Please see the section User Profiles for details.

Pen Calibration

For best results, we recommend that you calibrate the screen of your new sWaP Rebel. This will ensure the best accuracy between your stylus movements and the reaction of the screen.

1 From the clock face, tap the **Menu** link in the lower left corner of the screen.

2 Tap ⚙ (twice, if necessary).

3 Tap **Pen Calibration** and then follow the on screen instructions, using the stylus to tap where instructed.

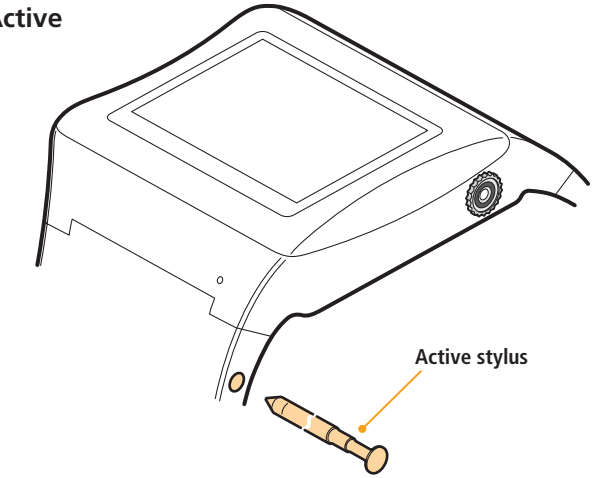
TIPS:

- When tapping on the displayed touch points, view the screen exactly as you would in normal operation.
- For best results, go through the procedure twice.
- Repeat the procedure once a month to keep accuracy at the opimum level.

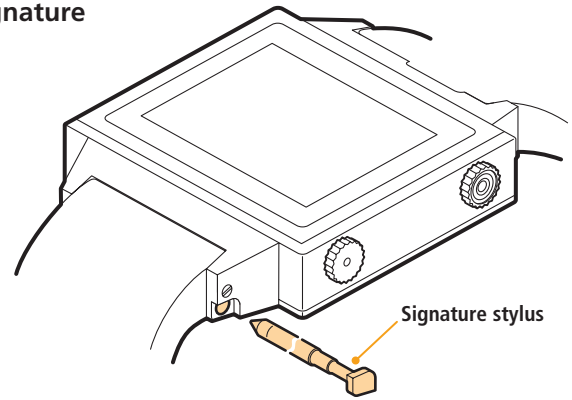
Using the stylus

The stylus is a compact telescopic pointer with which you can select items more accurately on the touch screen. It is stored within the strap on **Active** models and within the shoulder (where the strap joins the body) on **Signature** models.

Active



Signature



Contents

The clock face

When your sWaP watch is not engaged in other activities, it will display a clock face (analog or digital):

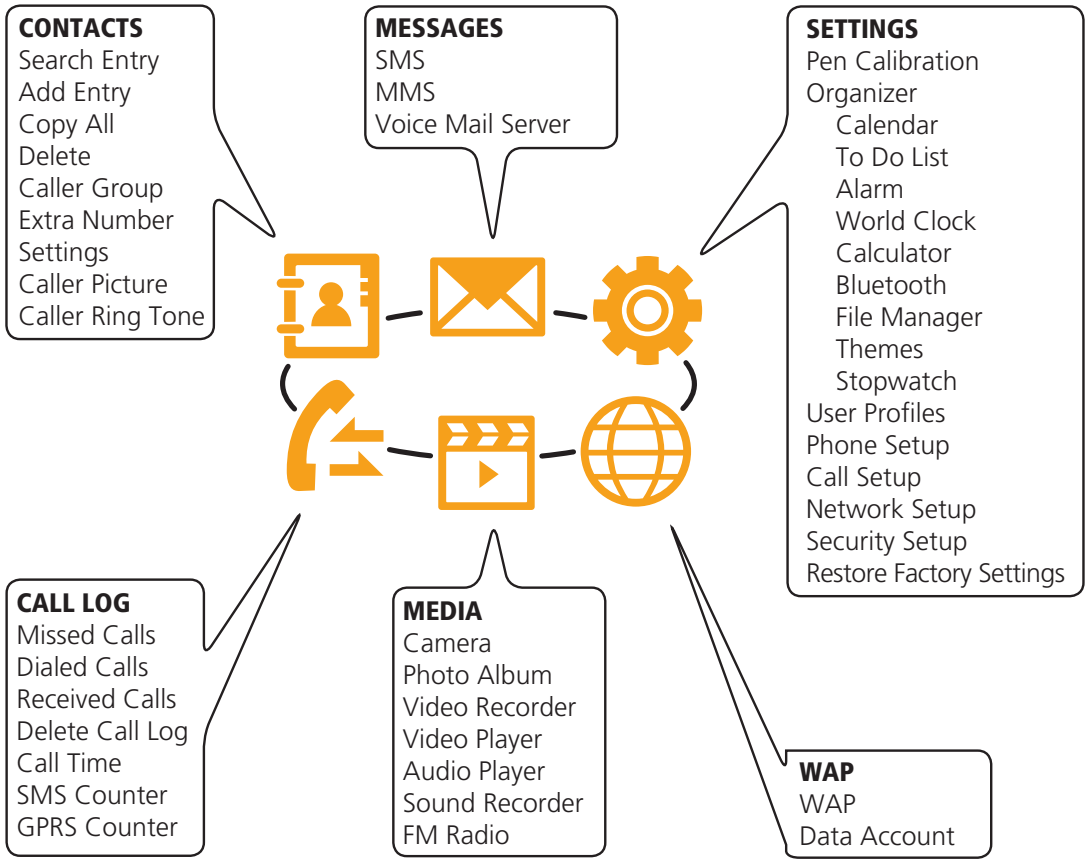
The chosen clock face will be overlaid with the current network name plus selectable options (in the two lower corners) and numerous status icons:

- Signal level (0 to 4 bars)
- Battery charge status
- Missed call
- SMS message(s) received
- MMS message(s) received
- GPRS data connection available
- Earphones attached
- Auto keypad lock is off
- Auto keypad lock is on
- Bluetooth function enabled
- Alarm set
- User profile set to use ring alert only
- User profile set to use vibrate first and then ring
- User profile set to use vibrate and ring alerts
- User profile set to use vibration alert only
- Stopwatch running

From the clock face, you can access the **Menu**, view your **Contacts** or make a call (tap and hold anywhere). See also Phone Setup > Swipe Function.

Menu map

Tap the **Menu** option (or press the lower button) and then choose one of six icons:



Press the upper button to exit from the menu and return to the clock face.

Contents

Dialling a call

1 From clock face, tap and hold the screen for 2 seconds to show the dial page:

2 Tap the phone number and then tap Alternatively, tap to access your Phone book.

To see previously dialled calls, tap when no numbers are entered.

Answering a call

- When the call alert sounds, tap **Answer** in the lower left corner of the screen or press the lower button. Alternatively, to reject the call, tap **Reject** in the lower right corner.

Voice activation

- From the clock face, press and hold the lower button, and then say either "CALL xyz" or "FIND xyz", where xyz is a Phone book contact name.

Ending a call

- Press the upper button or tap **Option** in the lower left corner & then tap **End**.

In-call options

During a call you can access a number of features by tapping **Option**:

- **Hold** - Place the call on hold*
- **End** - End the current call
- **Volume ctrl** - Adjust speaker volume
- **Phone Book** - Access your Phone Book
- **New Call** - Dial a new number*
- **Message** - Access your messages
- **Sound Recorder** - Record the call
- **Mute** - Switch off the microphone
- **DTMF** - Switch keypad tones on/off
- **Connect Lost BT Headset** - Attempt to reconnect with the headset

In the call screen, you can also:

- Tap ☎ to re-display the numeric keypad.
- Tap **H-Free** to activate the loudspeaker. Tap **H-Held** to return to quiet mode.

* Network support required.

Call history

Your sWaP watch maintains records of all incoming, outgoing and missed calls as well as text message quantities and data usage. You can use these records to make calls, populate your Phone book and/or keep track of your call charges.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary) to view the **Call history** options:

- Missed Calls
- Dialed Calls
- Received Calls
- Delete Call Log
- Call Time
- SMS Counter
- GPRS Counter

Select the required item to view a list of related options or details.

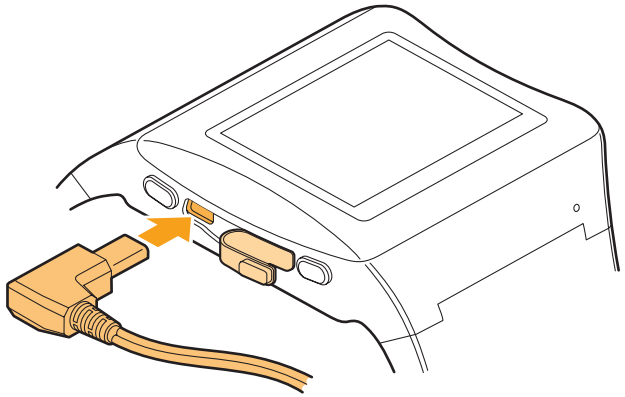
Contents

Using the wired earphones

The supplied earphones and microphone can be used to listen to music/videos/FM radio as well as making and taking calls.

1 Peel back/open the protective cover from the USB port.

2 Insert the right-angle plug of the earphones into the USB socket.

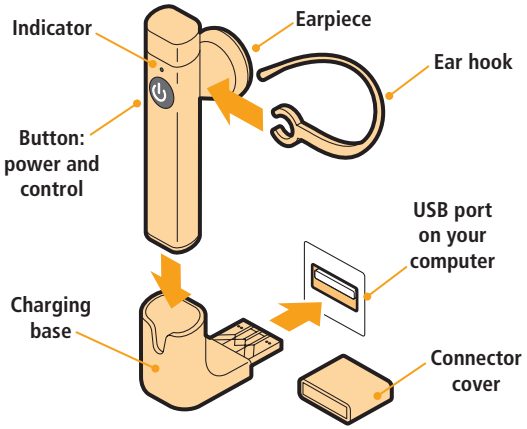


The small button on the microphone pod can be used to answer* and terminate calls.

* Within the **Headset** profile, if the **Answer Mode** option is set to **Auto**, then calls will be answered immediately - you can alter this. See the Settings section for details.

Using the Bluetooth headset

The supplied Bluetooth headset allows you to hear and speak discretely without need for wires. See also the Settings section for more Bluetooth information.



Charging the headset

Charge the headset from a standard USB port. It needs two hours for a full charge. The indicator shows red while charging and goes out once completed.

Turning the headset on and off

Press and hold the button until the indicator responds. As it switches **on**, you will see four **blue** flashes. As it switches **off**, you will see four **red** flashes. When it is on, the indicator will flash blue once every three seconds (if unpaired) or once every twelve seconds when paired with your sWaP watch. Once paired, the two devices will always re-locate each other.

Pairing your sWaP and headset

Before they will work together, you need to form a pairing bond between them. This needs to be done only once.

1 Ensure that the headset is initially switched off. Press and hold its button for approximately eight seconds (ignore the initial blue flashes) until the indicator flashes red and blue, then release.

2 On your sWaP watch, from the clock face, tap **Menu** or press the lower button.

3 Tap ⚙ (twice, if necessary).

4 Tap **Organizer**, scroll down and then tap **Bluetooth**.

5 Tap **Search Bluetooth Device**. If asked, tap **Yes** to switch on Bluetooth power.

Providing the headset is in range (within ten metres), the sWaP watch should find it and automatically show its name: **sWaP**, within the Discovered Device page.

6 Tap **Bond**. You will be asked to enter a passcode.

7 Tap **0000** and tap **Ok**.

8 When asked, tap **Yes**.

The headset and your sWaP watch will now be paired.

To swap between sWaP and headset

During a call, you can change between the headset and the sWaP watch speaker.

- Tap **Option** and then tap **Swap Bluetooth Voice Path**. Do the same to swap back again.

Answering and ending calls

When an incoming call is received, the headset earpiece will give a ringing tone (as well as your sWaP watch). You can use the headset button to control calls:

- To answer: Press and release the button.
- To end: Press and release the button.
- To redial the last dialled number: Press and release the headset button twice.

Unpairing your sWaP and headset

When you no longer want to use them together, you can break the bond.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Organizer**, scroll down and then tap **Bluetooth**.

4 Tap **My Devices** and then tap the **sWaP** entry.

5 Tap **Delete** and then tap **Yes** to remove the pairing bond.

Contents

Your Phone book (Contacts)

Your Phone book is where you store all of your contact details for quick access and rapid dialling.

There are two main ways to enter your Phone book (Contacts):

- From the clock face, tap **Contacts**.

  The list of Phone book contact entries will be shown.

  or

- From the clock face, tap **Menu** or press the lower button. Then tap (twice, if necessary).

  The main Phone book menu will be shown.

  Note: When adding new entries, for best results with voice activation, store all contact names with the first character in capitals followed by lower case characters.

Adding a new entry

To add a new entry you need to enter the Phone book via the Menu:

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Add Entry**.

4 Choose where to store the entry: Tap either **To SIM** or **To Phone**. The latter uses the sWaP watch memory and allows more details to be stored.

5 Use the labelled information fields to enter the relevant details about your contact. See the note on the left.

For contacts stored within the sWaP watch memory, you can associate an image and/or a particular ring tone to each person. You can also collect your contacts into groups, such as Friends, Family, Business, etc. These options are located lower down in the list of information fields.

Copying entries

You can copy all of the contacts from your SIM card to the sWaP watch memory and vice versa.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Copy All**.

4 Tap either **From SIM** or **From Phone** as appropriate.

Importing contacts from another phone

The simplest way to import contacts is to use your SIM card as a carrier.

1 Fit your SIM card into the other phone.

2 Copy the contacts from the phone memory to the SIM card.

3 Fit your SIM card into your sWaP watch.

4 Use the **Copying entries** procedure (above) to transfer the contacts across to your sWaP watch memory.

Finding an entry

You can find entries in two main ways: By scrolling through the list of contacts; or by entering one or more characters of the name to make a search.

Finding an entry by scrolling:

1 From the clock face, tap **Contacts**.

2 Tap the up or down arrows to scroll through the list.

3 When the required entry is highlighted, tap ☎ to dial or tap **Option** to send a message or edit the entry.

Finding an entry by searching:

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Search Entry**.

4 Enter one or more characters of the name and then tap **Done**.

5 When the required entry is highlighted, tap ☎ to dial or tap **Option** to send a message or edit the entry.

Other Phone book options

There are numerous other things that you can do within your Phone book. Here are just a few:

- **Voice activation**: From the clock face, press and hold the lower button, and then say either "CALL xyz" or "FIND xyz", where xyz is a contact name.
- Send SMS or MMS messages to a contact by starting from the Phone book. Enter the Phone book via Contacts (Options: Send SMS or Send MMS).
- Duplicate an entry and then edit the copy to simplify the creation of similar entries. Enter the Phone book via Contacts (Options: Duplicate).
- Edit characteristics for your caller groups or create new caller groups in which to collect your contacts. These groups are particular useful when you need to regularly send messages to more than one person. Enter Phone book via the menu (Option: Caller Group).
- Delete entries individually or clear the entire SIM card or sWaP watch memory. Enter Phone book via the menu (Option: Delete).
- Check how much memory space you have remaining. Enter Phone book via the menu (Option: Settings > Memory Status).
- Choose which memory you prefer to use to store contacts: SIM or Phone. Enter Phone book via the menu (Option: Settings > Preferred Storage).
- Create a vCard containing your contact details which you can easily send to other people, rather like an electronic business card. You can send your vCard either via SMS or MMS messaging, Bluetooth link or as a file that can be downloaded to a computer via the USB cable. Enter Phone book via the menu (Option: Settings > My vCard).

Contents

Messages

Your sWaP watch enables you to stay in contact using two different kinds of messages. SMS is the method supported by all mobile phones which allows text plus certain small media attachments to be sent and received. MMS is the newer format that allows you to send and receive larger photos, video clips and sound recordings, in addition to text.

When an incoming message is received, your sWaP watch will alert you and display the sender's number* or their name if they are listed in your Phone book. The clock face will also show the ✉ icon until you have read the message.

- Tap **Read** to go straight to the message immediately.

  or

- From the clock face, tap **Menu** or press the lower button. Tap ✉ (twice, if necessary). Then tap either **SMS** or **MMS** and then tap **Inbox**.

* Subject to availability.

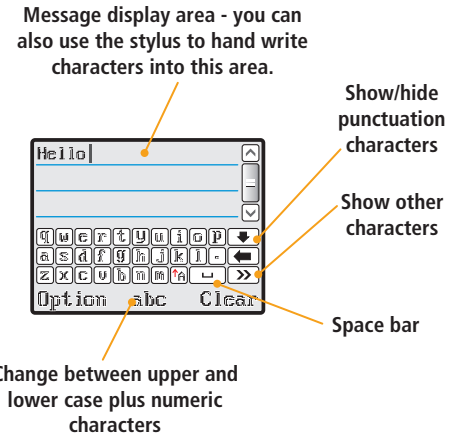
Writing an SMS message

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **SMS**, then **Compose Message**.

4 Tap out or handwrite your message within the editor page:


Message display area - you can also use the stylus to hand write characters into this area.
Show/hide punctuation characters
Show other characters
Space bar
Change between upper and lower case plus numeric characters
Hello
Option
abc
Clear

5 You can optionally add other elements to your message. Tap **Option**:

- **Use Template** text to quickly add a standard phrase to your message.
- **Insert Object** to add small images, animations or melodies.
- **Format Text** to change the size, style and alignment of the characters.
- **Insert PHB Number** or **Name** to add details from your Phone book.
- **Insert Bookmark** to add internet addresses stored in the WAP browser.

Note: Not all mobile phones are able to display or play media attachments or show text formatting.

6 When your message is complete, tap **Option** and then tap **Done**.

You can now choose how to send and/or save the message: Send to one person, send to a list of people, send to one of the your groups, or just save the message for later.

7 Tap the required send/save option and then either enter the phone number (or tap **Search** to find a Phone book entry) or choose the group of recipients.

8 Tap **Ok** to send/save your message.

If you chose to save your message, it will be stored in the **Outbox**, which you can choose from the main Messages menu.

Contents

Reading an SMS message

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **SMS**, then tap **Inbox**. The list of received messages will be shown, each listed with either the phone number or the name (if in the Phone book) of its sender.

The prefixed envelope icon will be shown closed for unread messages or open for previously viewed ones.

4 Tap the required message to open it.

5 Tap **Option** to view the range of actions available to you:

- **Reply** allows you to compose and send a response to the original message.
- **Edit** allows you to alter the message and then send it to one or more new recipients.
- **Forward** allows you to send the message to one or more new recipients without editing.
- **Delete** and **Delete All** allow you to keep your Inbox clear of clutter.
- **Copy to ...**, **Move to ...**, **Copy All** and **Move All** allow you to copy or transfer messages from one memory area to the other.
- **Use Number** and **Use URL** are particularly useful when there are phone numbers or website addresses within the original message. These options allow you to use them to make calls, save to your Phone book or access the website, as appropriate.

SMS message settings

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **SMS**, then tap **Message Settings**.

- **Profile Setting** determines important message delivery criteria for one or more networks.
- **Report Settings** allows you to request a Delivery Report when your messages are received by the recipients. Reply Path is a network option that is not normally needed.
- **Memory Status** shows the remaining space for messages in memory.
- **Preferred Storage** allows you to choose which memory to use.
- **Pref. Bearer** allows you to state your preference for using either GSM or GPRS (data service which may incur extra charges) to transfer messages. You can restrict it to GSM only.

MMS messages

MMS messages are structured in a similar way to slide show presentations. Each message consists of one or more slides, with each slide able to contain text, an image, an audio file, a video clip, a file attachment or any combination of these. When the message is played, each slide and it's contents are shown in order. You can optionally adjust the timing of the slides, for instance, to keep showing an image until a clip of music has finished playing.

Note: MMS messages require a GPRS connection as part of your service provider agreement. Also, not all mobile phones can accept or display MMS messages.

You must also choose the correct initial settings to match your network. Please see **MMS connection configuration** at the end of this MMS section.

Writing an MMS message

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **MMS**, then tap **Write Message**. A series of blank fields will be shown. Each has a different function:

1-To; **2**-Cc (copy); **3**-Bcc (blind copy); **4**-Subject; **5**-Edit content

Tap on a field that you want to use, and then tap **Edit**.

For fields **1**, **2** and **3** you can enter any number of phone numbers and/or email addresses.

Field **4** is the message Subject and will invoke the standard text editor.

Field **5** is where you create and determine the content. When you tap **Edit content** for field 5 for the first time, you will see the text editor for the first slide.

4 Enter/edit your text and then tap **Option**.

To add an item to the current slide, tap **Add Image**, **Add Audio**, **Add Video** or **Add Attachment**.

In each case, tap **Phone** or **Memory Card** to choose the location of the item. Your sWaP watch applications use **Phone** storage as standard, however, this can be changed within each application (the memory card has a much larger capacity).

You will then see the folders located within the chosen storage area, e.g. Images, Audio, Photos, Video, etc.

Tap the appropriate folder name to view the contents. Tap the required item to add it to your slide.

5 For each item type, repeat step 4. Remember that you can only have one of each item type per slide. If you add a second image to a slide, it will overwrite the first one.

6 If necessary, add one or more new slides to accommodate multiple items of the same type. From the text editor, tap **Option** and then tap either **Add Slide Before** or **Add Slide After**. You will now see the blank text editor for the new slide. It is not necessary to have text on every slide. Repeat steps 4 and 5 to populate the new slide.

7 To change between slides, tap **Option** and then tap either **Previous Slide** or **Next Slide**, as appropriate.

8 When you have completed the slides you can see how they will play. Tap **Option** and then tap **Preview**. If necessary, you can change the timing. Tap **Option** and then tap **Slide Timing**. Use the editor to change the time (in seconds) that each slide is displayed.

9 Once the message is complete, tap **Option** and then tap **Done**. You will now see the initial group of fields where the addressing is performed.

If not already done, enter the recipient phone numbers and/or email addresses and then tap **Done**.

10 You can now choose to **Send Only**, **Save and Send** or **Save to Drafts**.

If you did not enter any recipients, the only option will be **Save to Drafts**.

Reading an MMS message

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **MMS**, then tap **Inbox**. The list of received MMS messages will be shown, each listed with either the phone number or the name (if in the Phone book) of its sender.

The prefixed envelope icon will be shown closed for unread messages and open for previously viewed ones.

4 Tap the required message to open it.

5 Tap **Option** to view the range of actions available to you:

- **Reply** allows you to compose and send a response to the original message.
- **Reply by SMS** allows you to contact the sender via SMS.
- **Reply All** allows you to send a response to the sender and all of the original recipients.
- **Forward** allows you to send the message to one or more new recipients without editing.
- **Delete** and **Delete All** allow you to keep your Inbox clear of clutter.
- **Properties** allows you to view the addressing details, the subject name and file size of the message.
- **Use Details** allows you to use the addressing details of the message.

MMS connection configuration

Before you can use MMS for the first time, you must ensure that the MMS settings are correct for your network connection.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **MMS**.

4 Tap **Message Settings**.

5 Tap **Server Profile**.

6 Tap the appropriate network provider name.

7 Tap **Activate Protocol** and then tap **Yes** to confirm.

This process is required only once, you are now ready to use the MMS application.

Contents

Voice mail server

This option allows you to configure the phone number of your network service provider's voice mail system. These details are often set automatically by your SIM card.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ✉ (twice, if necessary).

3 Tap **Voice Mail Server**.

4 Tap one of the entries and tap **Edit**.

5 Tap the upper entry, tap **Edit** and enter a name for the network/server.

6 Tap **Option** and tap **Done**.

7 Tap the lower entry and enter a valid number for the voice mail server, as advised by your service provider. Tap **Option** and tap **Done**.

Listening to voice mail messages

1 Tap **Voice Mail Server**.

2 Tap appropriate server name.

3 Tap **Connect to Voice**.

Media

Your sWaP watch is a fully formed multimedia device that can handle video and music just as smoothly as it deals with your phone calls.

Your sWaP makes great use of its in-built high resolution camera, which can operate as a video camera as well as capturing still images.

Media features include:

- Camera and photo album
- Video recorder and player
- Audio player
- Sound recorder
- FM radio

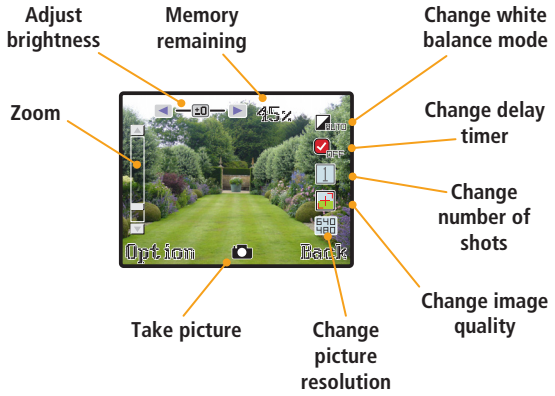
Camera

Allows you to capture high quality still images which you can retain on your sWaP watch or transfer elsewhere.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap 🎬 (twice, if necessary).

3 Tap **Camera**. The camera viewfinder will be shown:



The camera lens is located on the upper right side of your sWaP watch. Ensure that it has a clear view to your subject.

To capture a picture, you can either:

- Tap 📷 on the screen, or
- Press the lower button.

The screen will show your captured image and ask whether you wish to save it. Tap either **Save** or **Clear**. When you select Save, the image will be stored in the currently chosen memory location, either Phone or Memory Card.

To change camera settings, you can either tap the screen icons or tap **Option** to view the menu.

In addition to the settings that are already available as icons in the viewfinder, the Option menu also gives the following settings:

- **Album** takes you straight to the Image Viewer application so that you can view all of your stored photos.
- **Camera Settings** > **Shutter Sound** allows you to alter the sound emitted when a picture is taken.
- **Scene Mode** allows you to choose between **Night** mode or **Auto**.
- **Add Frame** allows you to choose a frame for your pictures, which will be superimposed on the final image.
- **Storage** allows you to choose where the photos should be stored: Phone or Memory Card.

Contents

Photo album

Allows you to view, organise and do things with your photos, such as send to friends or use them as wallpaper on your sWaP watch.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Photo Album**. Your photos will be shown, either as a list (showing thumbnail views, filenames, dates and sizes for each entry) or as a matrix of thumbnail views.

4 To see options for a photo, either tap twice on a photo entry or tap once on an entry and then tap **Option**.

The menu shows a number of options:

- **View** displays the selected photo. You can then tap the left and right arrows to move through your photos.
- **Browse Style** allows you to change between the list and matrix views of your photos.
- **Forward** allows you to assign the selected photo for use in your sWaP watch (as wallpaper, screensaver or power on/off image); as the picture for a contact in your Phone book; or send the photo to someone either via MMS message or by Bluetooth link. The latter option will guide you through the process of searching for and bonding with a Bluetooth device in your vicinity.
- **Rename** allows you to change the standard filename.
- **Delete** and **Delete All Files** allow you to clear away unwanted photos.
- **Sort** allows you to list your photos in order by name, type, time or size.
- **Storage** lets you to select which memory area to view: Phone or Memory Card.

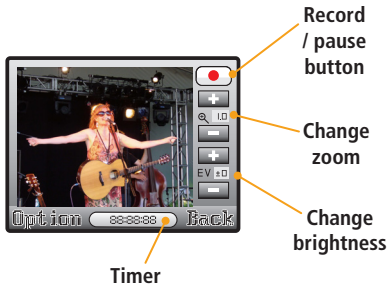
Video recorder

Uses the integral camera to capture moving images and sound as video clips (.AVI format) which can be sent to friends or transferred to a computer.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Video Recorder**. The video viewfinder will be shown:



The camera lens is located on the upper right side of your sWaP watch. Ensure that it has a clear view to your subject.

To start recording: Tap

The screen will show the video image as it is captured.

To pause recording: Tap or **Stop**.

Your captured video is automatically stored in the currently chosen memory location, either Phone or Memory Card.

To view your video recording:

1 Tap **Option** and then tap **To Player**. The video clips are listed with numeric names as well as their date and size.

2 Tap the required video clip name and then tap **Play**.

Video recorder options

To change settings, within the video recorder viewfinder screen, tap **Option** to view the menu:

- **To Player** takes you straight to the Video Player application so that you can view all of your stored clips.
- **Camcorder Setting** allows you to change settings such as white balance, brightness (EV) and night mode.
- **Video Setting** allows you to select the video quality: Low, Normal or High. The latter uses the most memory.
- **Effect Setting** allows you to apply a special effect to the captured video, such as greyscale, various sepia tints or colour inversion.
- **Storage** allows you to choose where the videos should be stored: Phone or Memory Card.
- **Restore Default** will return all video recorder settings back to their defaults.

Contents

Video player

1 From the clock face, tap **Menu** or press the lower button.

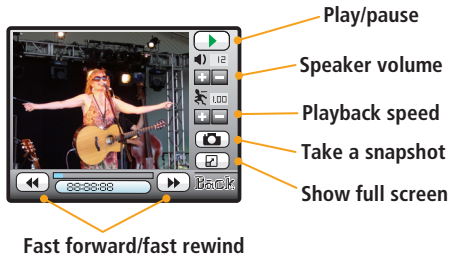
2 Tap (twice, if necessary).

3 Tap **Video Player**. A list of your videos will be shown.

4 Tap twice on a video name, or tap just once and then tap **Option**.

The menu shows a number of options:

- **Play** displays the player screen:



- **Forward** allows you to send the video to someone either via MMS message or by Bluetooth link. The latter option will guide you through the process of searching for and bonding with a Bluetooth device in your vicinity.
- **Rename** allows you to change the standard filename.
- **Delete** and **Delete All Files** allow you to clear away unwanted videos.
- **Sort** allows you to determine the order in which the video clips are listed.
- **Bluetooth Settings** allows you to choose a Bluetooth headset and redirect the audio signal to that headset.
- **Storage** lets you to select which memory area to view: Phone or Memory Card.

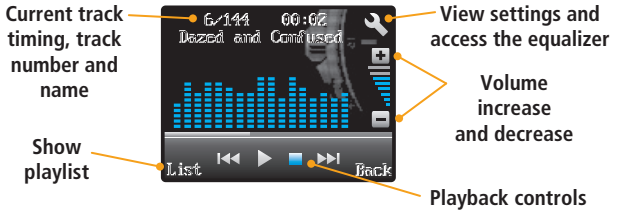
Audio player

The audio player allows you to listen to your MP3 music tracks or podcasts wherever you may be. The audio player can also play .WAV and .M4A files.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Audio Player**. The playback screen will be displayed:



Selecting and playing a track

1 Tap **List** and then tap the required track name.

2 Tap **Play** to commence playback.

You can now use the playback controls at the foot of the screen.

Tap to gain quick access to the playback settings menu.

If a call is received (or initiated) while listening to a track, playback will be automatically stopped. If the Background Play option is enabled, then playback will automatically resume after the call is completed.

Plug in the supplied wired earphones to hear playback in stereo.

You can also use optional stereo Bluetooth headphones (the supplied headset is mono only).

Adding or transferring audio files

There are three main ways to add or transfer audio files:

- Use the USB cable to link with your computer. See the USB link section later in this guide for details.
- Use Bluetooth to link with another device. See the Bluetooth section later in this guide for details.
- Using MMS to send/receive audio file attachments. See the MMS messaging section earlier in this guide for details.

Audio player options

Within the audio playback screen, tap **List** and then tap **Option** to view the menu:

- **Detail** shows information about the selected track.
- **Add to Alerts** copies the track to your ringtones list. See the Settings section for detail about using it.
- **Refresh list** use this when tracks have been added or removed.
- **Settings** contains the following items:

Auto Refresh List set to On to automatically update the tracklist when changes occur.

Repeat allows you to play either a single track or your whole collection continuously.

Shuffle when enabled, plays tracks in a random order.

Background Play when enabled, continues playing tracks even when you leave the audio player. Playback stops automatically when making or receiving a call. When this option is enabled, the track will automatically resume playing.

BT Stereo Output determines whether audio should be redirected to a Bluetooth stereo headphone device. This option can be enabled once you have chosen a suitable device using the option detailed below.

BT Stereo Headset allows you to locate/choose a suitable Bluetooth stereo headphone device to use with the audio player.

Note: The supplied Bluetooth mono headset cannot be used for this purpose.

Equalizer allows you to adjust the audio frequency response to suit the type of track(s) that you are playing. Options include: Rock, Party, Dance, Classical, etc.

Contents

Sound recorder

Allows you to record face-to-face or telephone conversations (warn the caller first) or other soundscapes around you.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **Sound Recorder**. A list of any existing recordings will be shown.

To start recording: Tap **Option** and then tap **Record**.

To pause or stop recording: Tap either **Pause** or **Stop**.

As soon as you choose Stop, the screen will display an assigned numeric name for the recording in the editor screen.

Optionally use the editor to alter the assigned name. Once done, tap **Option** and then tap **Save**.

The new file will be added to the list in the sound recorder main screen.

Sound recorder options

From the list screen, tap **Option**:

- **Record** to begin a new recording.
- **Play** the currently selected entry.
- **Append** to resume recording at the end of the currently selected entry.
- **Rename** to edit the name of the currently selected entry.
- **Delete** and **Delete All** allow you to keep the list free of clutter.
- **Settings** > **File Format** allows you to choose AMR and WAV formats. AMR is suited to voice recording; whereas the WAV format is supported widely on personal computers and would be the one to choose if you intend to transfer your recordings.
- **Forward** allows you to copy the entry for use as an alert tone or send it to someone either via MMS message or by Bluetooth link. The latter option will guide you through the process of searching for and bonding with a Bluetooth device in your vicinity.

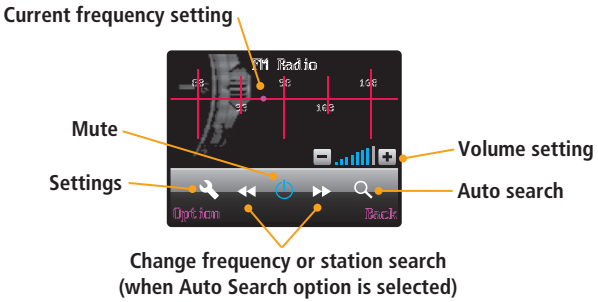
FM radio

This allows you to listen to any FM radio stations available within your vicinity. The stereo headphones must be used uncoiled as their cable forms the radio aerial.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap (twice, if necessary).

3 Tap **FM Radio**. The FM Radio screen will be displayed:



Finding a station

To search manually: Tap ◂◂ or ▸▸ to change the frequency.

To choose a frequency: Tap **Option** and then **Manual Input**. Enter the frequency and tap **OK**.

To auto search: Tap and then tap either ◂◂ or ▸▸ to locate the next radio station.

To create/use a channel list entry: Tap **Option** and then **Channel List**. Tap an existing entry to select its frequency or tap an empty entry to add a new frequency.

General settings

Use the **+** and **-** buttons to adjust the volume or tap to mute / unmute.

Tap to gain quick access to the settings menu.

If the **Settings** > **Background Play** option is enabled, then the radio output will continue while you are using other applications. Also, output will be muted during calls and will automatically resume once a call is completed.

Contents

WAP

The WAP application brings the power of the world wide web right to your wrist. Many websites are now optimised for compact screens and this application allows you to access and use them.

Note: To use WAP you must have either GSM data and/or a GPRS connection as part of your service provider agreement. You must also choose the correct settings to match your network. Please see **WAP connection configuration** at the end of this WAP section.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⊕ (twice, if necessary).

3 Tap **WAP**. The screen will show the main options:

- **Homepage** takes you to the web location that acts as your starting point.
- **Bookmarks** provides a list of regularly used sites.
- **Recent Pages** gives you quick access to previously visited locations.
- **Enter Address** allows you to enter a new web address.
- **Service Inbox** is the place where incoming WAP Push messages are stored.
- **Settings** contains the following items:

  Edit Profile selects the network configuration to use

  Browser Options sets the page timeout period and also whether pictures should be shown.

  Service Message Settings decides whether WAP Push messages should be received.

  Clear Cache removes all stored web page data from memory.

  Clear Cookies removes all stored cookies (identification information deposited by certain websites) from memory.

  Trusted Certificates stores details about verification codes which are used to distinguish genuine websites.

Accessing WAP sites

Access the main WAP options list and then use any of the first four options:

- **Homepage** - your portal to the web (usually a search engine such as Yahoo, Google, etc.).
- **Bookmarks** - websites saved from previous visits.
- **Recent Pages** - a history of recently accessed websites.
- **Enter Address** - where you enter a new website address.

When you have chosen a website, your sWaP watch will attempt to connect using either a GPRS connection or, failing that, a GSM data connection.
If the former cannot be used, then you will be asked for permission to use the latter (GSM connection speeds are lower than GPRS).

If your sWaP watch continually fails to use GPRS, then there may be a configuration problem - see WAP connection configuration for details.

Once a data connection is made, the website will be located and displayed.

Note: While it is possible to access normal websites, some will not display correctly because they are designed only for large screens. Many organisations offer WAP alternatives which are optimised for compact screens.

Within each webpage you will be able to tap on hyperlinks (usually shown in blue with or without an underline). You can also tap within text boxes in order to display the on-screen editor and enter alphanumeric characters.

While browsing online, there are a couple more options that appear within the list:

- **Refresh** reloads the current page.
- **Set as Homepage** uses the page you are viewing as your new portal.
- **Save Picture** allows you to select any displayed picture and save it to a memory location.

As mentioned above, the easiest way to create a new homepage is to visit it, then tap **Option** and then tap **Set as Homepage**.

You can also make a change offline from the main WAP options list by tapping **Settings**, then **Edit Profile**, tap your service provider's entry, tap **Edit Profile** and then edit the Homepage entry.

WAP connection configuration

In order to operate, the WAP browser requires a data connection with your network. This can be either using GPRS or a GSM data connection. Your contract agreement may not include such services - check with your network provider.

You also need to ensure that the correct network connection details are selected:

1 From the main WAP options list, tap **Settings** and then tap **Edit Profile**.

2 Locate your service provider's name from the list of operators and tap it.

3 Tap **Activate Profile** and then tap **Yes**.

If your service provider is not within the list, use a personal computer to access the sWaP website (http://www.s-w-a-p.co.uk). Go to the FAQs page. Download the procedure for adding new networks to your sWaP watch. You will also need the following information from your service provider:

- GSM data dial-up number
- GSM data username and password
- GSM data DNS IP address
- GPRS Access Point Name (APN)
- GPRS username and password
- Authentication type (i.e. Normal)

Once you have these details, use the downloaded instructions to enter them into the appropriate locations within your sWaP watch.

Contents

Settings

To ensure that your sWaP watch works the way that suits you, the main Settings section contains plenty of options to modify its appearance and operation. The Settings section also includes more applications for everyday use.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

- **Pen Calibration** allows you to ensure that the touch screen reacts accurately to stylus taps.
- **Organizer** contains a number of useful applications for everyday use.
- **User Profiles** allow you to change all of the call and message alert characteristics in one go, to suit your location.
- **Phone Setup** is where you apply basic phone settings, such as time and date, language, display characteristics, etc.
- **Call Setup** lets you invoke call diverts, set call time reminders, etc.
- **Network Setup** contains numerous network connection options.
- **Security Setup** contains options such as SIM lock, Auto keypad lock, change password, etc.
- **Restore Factory Settings** allows you to return all settings back to their default configurations.

Pen Calibration

From time to time, or after a complete restore factory settings operation, you may need to calibrate the screen to restore its accuracy.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Pen Calibration**.

The calibration wizard will be displayed and will take you through the procedure. Be sure to use the supplied stylus and view the screen exactly as you would in normal operation as you confirm the touch points.

TIPS:

- When tapping on the displayed touch points, view the screen exactly as you would in normal operation.
- For best results, go through the procedure twice.
- Repeat the procedure once a month to keep accuracy at the optimum level.

Organizer

The organizer contains a number of useful applications for everyday use.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Organizer**. The list of applications will be displayed.

- Calendar
- To Do List
- Alarm
- World Clock
- Calculator
- Bluetooth
- File Manager
- Themes
- Stopwatch

Contents

Calendar

This application will ensure that you never forget your important dates again.

- Access the Organizer and then tap **Calendar**.

When the calendar opens you will see the current month to view and today's date will be highlighted.

Use the left and right buttons in the top corners to change the month back or forward.

To set a calendar reminder

1 Either tap on a day and then tap **Option**, or just double tap on a day.

2 Tap **View Tasks**.

3 Tap **Add**. Within the edit page, set the time (and change the date, if necessary).

4 Highlight Note and tap **Edit** to add an explanation. You can either enter your own text and tap **Option** then **Save** or alternatively, just tap **Option** and then tap **Use Template** to view ready made explanations. When you tap an explanation, it will be placed into the editor so that you can alter it, if necessary. Tap **Option** and then **Save**.

5 Optionally, enable the alarm and also choose whether you would like the entry to repeat: Once, Everyday, occur on particular Days, Weekly or Monthly.

The Days option allows you to include/exclude particular days of the week. When a day is enclosed within a border, it is included.

6 Tap **Done** and then tap **Yes** to confirm. The new entry will be added to the Task List and a red border will be placed around each date for which the reminder is valid.

To jump to a specific date

1 Either tap on a day and then tap **Option**, or just double tap on a day.

2 Tap **Jump To Date** and enter the required date.

3 Tap **Ok** and the chosen date will be shown highlighted in a month to view page.

To Do List

- Access the Organizer and then tap **To Do List**.

When the list opens you will see any existing reminders, including all programmed reminders from the Calendar application.

- Tap **Option** to add a new entry or tap an existing entry to view its details.

Follow the procedure outlined for the Calendar (from step 3).

- Use **Delete Task** or **Delete All** to keep the list free from clutter.
- Tap **Send vCalendar** to send the currently selected entry to someone else or save it as a file. You have the following choices:
  - Send By SMS
  - Send By MMS
  - Send By Bluetooth
  - Save To File

In each case, the relevant application will be invoked.

Alarm

- Access the Organizer and then tap **Alarm**.

Allows you to quickly set one or more alarms.

To set an alarm

1 In the opening page, tap a vacant alarm entry.

2 Set the alarm to On and then tap the time entry to set the alarm time.

3 Optionally choose whether you would like the entry to repeat: Once, Everyday, occur on particular Days, Weekly or Monthly.

4 Optionally set a Snooze time (after which the alarm will repeat).

5 If necessary, change the Alert Type using the combinations of ring and vibration alerts.

6 Tap **Done** and then tap **Yes** to confirm.

Your new alarm will be ticked to show that it's active.

Contents

World Clock

- Access the Organizer and then tap **World Clock**.

  The opening page shows a world map with cross hairs centred on the city that is configured as your location in the Time and Date settings.

  The current time and date for the highlighted location is shown along with either a moon or sun symbol to indicate night and day.
- You can either use the left and right buttons to change to the next city or tap on the map to highlight the nearest featured city within each timezone.
- Tap **Option** to choose whether the Daylight Saving Time should be switched on or off.

Calculator

- Access the Organizer and then tap **Calculator**.

  The calculator keypad and readout will be shown.
- Tap your figures and operand(s) and then either tap the **=** key or press the sWaP watch lower button to reveal the answer.

Bluetooth

- Access the Organizer and then tap **Bluetooth**.

  This section contains all tools required to locate, pair and manage Bluetooth devices for use with your sWaP watch.

  The opening page lists the main menu of options:
- **Power** determines whether the Bluetooth circuitry is switched on.
- **Search Bluetooth Device** initiates a search for other Bluetooth devices in the vicinity.
- **My Devices** shows details for all paired Bluetooth devices, plus your sWaP watch.
- **Active Device** lists all paired Bluetooth devices that are currently active.
- **Setting** contains various options:

  Visibility determines whether your sWaP watch can be seen by other Bluetooth devices that are not yet paired with it.

  Change Device Name allows you to change the Bluetooth name by which your sWaP watch is known.

  Authentication when set to On, allows a Bluetooth device to reconnect to your sWaP watch (once it has been initially authorized) without confirmation.

  Audio Path allows you to transfer all audio through the microphone and speaker of a suitable Bluetooth device.

  FTP Setting determines where data to send and be received should be stored in memory. It also allows you to control whether the other device can write to memory as well as read.
- **About** shows details for your sWaP watch including Bluetooth device name, address and supported services.

  Pairing with another device

  In order to work together, Bluetooth devices must be paired to produce a trusted bond between them. During the pairing process, one device must search while the other is made to be 'visible' and wait to be discovered.

  To search for and pair with other devices

1 From the main Bluetooth menu, tap **Search Bluetooth Device**. If the Bluetooth circuitry was previously Off, it will be switched On and a search for other devices will be carried out for up to one minute. Ensure that the other devices have been set to be visible.

  Any found Bluetooth devices will be listed in the Discovered Device page.

2 Tap the name of the device to bond with, enter a valid passcode and then tap **Ok**. For most devices, there is no fixed passcode number and a common four digit number must be decided on between the users. The supplied headset has a fixed passcode of 0000. Tap **Yes** to confirm pairing.

  To make your sWaP watch discoverable

1 From the main Bluetooth menu, tap **Setting** and check the current setting for the **Visibility** option.

2 If **Visibility** is currently **Off**, tap it to change its state to **On**.

3 When your sWaP watch is discovered, the other device will initiate pairing and you will be asked to enter a four digit passcode that matches the one entered into the other device. Enter the code and confirm pairing.

  Your sWaP watch and the other device will now share a common bond and can reconnect and transfer information at any time.

  To break the pairing bond

  When you no longer want to use the devices together, you can break the bond.

1 Tap **My Device** and then tap the name of the other device.

2 Tap **Delete** and then tap **Yes** to remove the pairing bond.

Contents

File manager

- Access the Organizer and then tap **File Manager**.

  Allows you to organise the memory storage areas within your sWaP watch. The screen will show the Phone and Memory Card locations along with total size and free space information.

  To view folders/files within a location: Tap on a storage location (**Phone** or **Memory Card**). If necessary, use the scroll buttons on the right side to bring a particular folder into view.

  Tap on a folder to view its files.

  Tap on a file to view a menu of options including: View, Forward, Detail, Rename, Copy, Move, Delete, Delete All Files and Sort.

  CAUTION: The list of options available when viewing the main locations include a **Format** option which will wipe all files and folders from the storage area.

Themes

- Access the Organizer and then tap **Themes**.

  Allows you to change the appearance of the menus on your sWaP watch. The screen will list the three themes. Tap a theme name to change the menu shading and also view options.

- **Activate** fixes the current theme as the one to use.
- **Update Period** allows you to set a time period after which the theme should be automatically changed. Options range from hourly to seasonally.
- **Set Order** allows you to choose the order in which the three themes will be rotated, when using the automatic Update Period feature.

Stopwatch

- Access the Organizer and then tap **Stopwatch**.

  This application actually provides multiple stopwatches in one.

  The screen will show two options:
  Typical Stopwatch and nWay Stopwatch.

  The **Typical Stopwatch** option gives you two variations:

- **Split Timing**, where each tap of **Split** saves the current elapsed time while the main counter continues. Each subsequent tap of **Split** saves another elapsed time from the very beginning up to the point at which Split was tapped.
- **Lap Timing**, where each tap of **Lap** saves the current elapsed time since the last moment that Lap was tapped, i.e. the counter is reset to zero each time.

  The **nWay Stopwatch** provides a main counter and four sub-counters of time. The main counter runs continuously but a sub-counter is only incremented when it is highlighted. When you tap a different sub-counter, it begins to increment, while the previous one is frozen. In this way the four sub-counters can accumulate separate lots of time.

  Note: If a stopwatch is left running while you use other features, the icon will be shown on the clock face. Leaving a stopwatch running for long periods can shorten battery life.

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User Profiles

These allow you to change the whole nature of your call-, key-, message- and alarm- alerts in one easy action.

Note: **Flight Mode** switches off all communication aspects of your sWaP watch to let you use other features without infringing 'no mobile' rules in certain areas. You can also choose whether to see a Flight Mode option whenever you first switch on.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **User Profiles**.

A list of all profiles will be shown:

General	Headset
Meeting	Bluetooth
Outdoor	Flight Mode
Indoor	

To use a profile

- Tap a profile and then tap **Activate** or **Ok**. Your choice will be confirmed.

To adjust a profile

1 Tap a profile name and then tap **Customize**. You can now adjust the following:

- **Tone Setup** for all instances:
  Incoming calls, alarms, power on and off, incoming messages and keypad tones.
- **Volume** for ring tones and key tones.
- **Alert Type** for mixes of alert tone and/or vibration alerts.
- **Ring type** to choose Single, Repeat or Ascending alerts.
- **Extra Tone** to allow extra tones for warnings, errors, etc.
- **Answer Mode** allows you to enable or disable any key answering of incoming calls and also choose Auto answering of incoming calls.

Phone Setup

Contains many configuration options to customise the operation of your sWaP watch.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Phone Setup**.

The menu options will be shown:

- **Swipe Function** allows you to link any of seven sWaP watch functions to a handwriting gesture on the clock face. Thus, you could make an upward stroke of the stylus on the clock face to immediately cause your Phone Book to be shown. There are four swipe gestures that can be defined.
- **Time and Date** allows you to set the current time and date. You can also determine the time and date formats and define your nearest major city within your timezone.
- **Schedule Power On/Off** allows you to maximise your power efficiency while you're asleep by choosing times to automatically switch your sWaP watch off and on.
- **Language** lets you choose the appropriate language for all menus and messages within your sWaP watch.
- **Preferred Input Method** determines which on screen keypad is displayed first when you need to enter details.
- **Display Characteristics** contains numerous settings related to the visual aspects of operation:

  Wallpaper allows you to choose the image that is displayed behind all menus. You can choose a standard image from the **System** option or choose one of your own that is stored within memory using the **User Define** option.

  Screen Saver allows you to choose an image that will be displayed during periods of inactivity. You can choose a standard image from the **System** option or choose one of your own that is stored within memory using the **User Define** option. You can also disable the screen saver mode.

  Power On Display and **Power Off Display** allow you to choose a picture or animation to be shown when your sWaP watch is powered on and off. You can choose a standard image from the **System** option or choose one of your own that is stored within memory using the **User Define** option.

  Show Date and Time determines whether the current data and time are shown on the clock face page.

  Show Operator Name determines whether the current network name is shown on the clock face page.

  Clock Type allows you to choose the clock face design for the standby screen.
- **Speed Dial** allows you to define up to eight of your most regularly used phone numbers and associate them with dial numbers 2 to 9. Once enabled, when you are viewing the clock face, tap twice as you normally would to dial a number, but then tap and hold a number between 2 and 9 to call the associated phone number.
- **Auto Update of Date and Time** determines whether the network date and time signal should be used to update your sWaP watch settings.
- **Handwriting** allows you to choose a Pen Speed and Pen Color for use in handwriting recognition applications.
- **Misc Setting** > **LCD Backlight** allows you to adjust the brightness of the touch screen backlight.

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Call Setup

Contains configuration options related to call handling by your network and by your sWaP watch.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Call Setup**.

The menu options will be shown:

- **Caller ID** determines whether your phone number will be declared to people that you call. You can choose to **Hide Id**, **Send Id** or leave the decision to be **Set By Network**
- **Call Waiting** allows you to control whether you should receive an earpiece alert when a new incoming call is waiting during an existing call.*

  You can **Activate**, **Deactivate** or **Query Status** to discover the current setting.
- **Call Divert** determines whether incoming calls should be diverted* to another number, often to a voicemail box. You can set call divert actions for any or all of the following scenarios:
  - Divert All Voice Calls
  - Divert If Unreachable
  - Divert If No Answer
  - Divert If Busy
  - Divert All Data Calls
  - Cancel All Divert

  In each case, apart from the last, you can **Activate**, **Deactivate** or **Query Status** to discover the current setting. When setting a divert, you will be asked to enter the number to which calls should be diverted. This can be a voicemail box or another phone.
- **Call Barring** allows you to prevent calls being made or received, depending on a range of circumstances*.
  - **Outgoing Calls**: All Calls; International Calls or International Calls Except to Home Country.
  - **Incoming Calls**: All Calls or When Roaming (on a network other than your own).
  - **Cancel All**
  - **Change Barring PW** (password).

  In each case, apart from the last two, you can **Activate**, **Deactivate** or **Query Status** to discover the current setting.
- **Restrictive Call** allows you to prevent your sWaP watch from making any outgoing calls.

  Within this option, you can choose **Call / Receive** (for normal operation) or **Receive Only** (to restrict operation to receiving incoming calls only).
- **Call Time Reminder** allows you to invoke an earpiece reminder beep during outgoing calls in order to remind yourself about the length of the call. You can choose a **Single** beep once a particular call time period has elapsed or a **Periodic** beep which repeats each time an allotted time period elapses. In both cases, after choosing the reminder type you will be asked to enter the time period.
- **Call Time Display** when enabled, will show the length of the current call on the display.
- **Auto Redial** when enabled, will automatically try to redial a called number if connection is lost during the call.

* These are network features and are subject to support from your service provider.

Network Setup

Contains configuration options related to network selection and operation.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Network Setup**.

The menu options will be shown:

- **Network Selection** gives you tools to find and choose networks (subject to roaming agreements with your home network). You can initiate a **New Search** for networks, choose the **Selection Mode** as **Automatic** or **Manual** and, if set to Manual, **Select Network** to use.
- **Preferred Networks** allows you to maintain a list of networks that you prefer to use and assign each a weighting, so that your sWaP watch can make decisions on your behalf to match network availability at any time.
- **GPRS Connection** determines how data calls should be routed using GPRS. You can choose to **Always** use GPRS or use it only **When Needed**.

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Security Setup

Contains options related to the secure use of your sWaP watch.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Security Setup**.

The menu options will be shown:

- **SIM Lock** when enabled, causes your SIM card to request a valid PIN code whenever your sWaP watch, or any other phone in which it is installed, is switched on. You are given only three attempts to unlock the SIM card and then it permanently locks itself until a PUK code is entered (available on request from your network provider).
- **Phone Lock** when enabled, locks your sWaP watch and requests its own PIN code (different to the SIM PIN code - 1122 as standard) before use. Use the **Change Password** option to alter the phone PIN code.
- **Auto Keypad Lock** allows you to choose a period of inactivity, after which your sWaP watch screen will lock. You can choose from 5 secs, 30 secs, 1 min or 5 mins of inactivity.

  Once locked, you need to press the lower button and then tap your stylus on a displayed target to unlock your sWaP watch.
- **Fixed Dial** allows you to define one or more phone numbers which may be dialled from your sWaP watch. When the Fixed Dial Mode is then enabled, only those numbers can be dialled. This feature is subject to support from your service provider.
- **Barred Dial** allows you to define one or more phone numbers which you wish to prevent being dialled from your sWaP watch. When the Barred Dial Mode is then enabled, those numbers are barred from being dialled. This feature is subject to support from your SIM and service provider.
- **Change Password** allows you to change three types of PIN code or password: Your SIM's main PIN code, your SIM's secondary PIN2 code or your sWaP watch's own password code (1122 as standard).

  Choose the code that you wish to change, enter the old code and then enter the new code twice, as confirmation.

Restore Factory Settings

Allows you to return all options to their factory conditions and reboot your sWaP watch.

1 From the clock face, tap **Menu** or press the lower button.

2 Tap ⚙ (twice, if necessary).

3 Tap **Restore Factory Settings**.

4 Enter the sWaP watch password (1122 as standard) and tap **Ok**.

5 Tap **Yes** to confirm.

Contents

USB link to your computer

Your sWaP watch uses an industry- standard USB port to allow it to be linked to any similarly equipped personal computer. Using the USB link, you can do three main things:

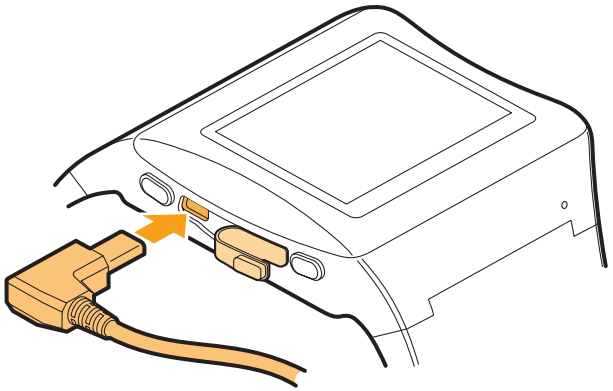
- Transfer files of all types: Photos, video clips, sound recordings, music tracks, etc. between the two devices.
- Use your sWaP watch camera as a webcam and view it live on your computer.
- Charge your sWaP watch battery at the same time.

  Note: Your sWaP watch can be switched on or off when linking or unlinking with the computer.

To link your sWaP watch and computer

1 Peel back/slide open the protective cover from the USB port.

2 Carefully insert the right-angle plug of the supplied USB cable into the socket.



3 Insert the larger plug at the other end of the cable into a vacant USB port on your computer.

Your computer should respond to the new link and, once it has configured its drivers will respond in the same way as if any other USB storage device had been attached.

If your sWaP watch is switched off when connected then it will appear to the computer as a simple storage device.

Use your computers file manager application to access the folders within your sWaP watch and transfer files across.

If your sWaP watch is switched on, you should see a menu on its screen offering the following choices:

- **Mass Storage** - Choose this option to allow the computer access to the storage devices contained within your sWaP watch.
- **Webcam** - Choose this option to turn your sWaP watch into a webcam.

  On the computer, access the option that allows you to view the contents of external storage devices (USB sticks, etc.). When the window opens, it should show the live image from your sWaP watch camera.

  At any time you can press the upper button to return to normal sWaP watch operation

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Important safety information

Exposure to radio frequency (RF) signals

Your sWaP watch contains a radio transceiver. When it is on, it sends and receives radio frequency (RF) signals. When you communicate using your sWaP watch, the system handling your call controls the power level at which it transmits.

Your sWaP watch is designed to comply with local regulatory requirements in your country concerning exposure of human beings to RF energy.

Operational precautions

To ensure that your sWaP watch continues to serve you reliably, look after it as you would any other valuable item and also follow these guidelines:

Apart from the battery cover, do not open your sWaP watch or tamper with the internal circuitry as this could cause damage and will void your warranty.

Your sWaP watch is NOT waterproof. Avoid contact with water. If your sWaP watch becomes wet, switch it off and remove the battery. Carefully and completely dry out your sWaP watch and the battery before attempting to switch it back on.

Do not press hard on your sWaP watch as this may cause damage to the touch screen.

Do not expose your sWaP watch to direct sunlight, extremely high or low temperature, dusty/sandy conditions or very humid environments for extended periods of time as this may cause damage to the screen and/or internal circuitry.

Do not throw, beat or vibrate your sWaP watch in a manner that might damage the external casing, the sensitive touch screen or internal circuitry.

Do not use any corrosive chemical products or scouring pads to clean your sWaP watch. Use only soft wipe to clean it.

If your sWaP watch is lost or stolen, notify your network provider to initiate the cancellation of the SIM Card. You may be asked for the IMEI number which is printed inside the battery compartment and also on your sWaP presentation box. Write this number down in advance and store it in a safe place.

RF energy interference/compatibilities

Note: Nearly every electronic device is susceptible to RF energy interference from external sources if inadequately shielded, designed, or otherwise configured for RF energy compatibility. In some circumstances your sWaP watch may cause interference.

Facilities and hazardous areas

Turn off your sWaP watch in any facility where posted notices instruct you to do so. In certain cases it may be sufficient to place your sWaP watch into Flight Mode to disable the radio transceiver circuitry. However, in certain instances, switching off power altogether may be the only solution.

Hospitals and aircraft

Hospitals, health care facilities and aircraft regularly use equipment that is sensitive to external RF energy. Switch off your sWaP watch when instructed to do so or place it into Flight Mode.

Flammable liquids

Adhere to all warning signs in areas where flammable liquids are present, such as petrol/gas filling stations. Switch off your sWaP watch before entering such an area.

Medical devices

Pacemakers

Pacemaker manufacturers recommend that a minimum separation of 6 inches (15 centimetres) be maintained between any mobile phone and a pacemaker.

People with pacemakers should:

- When it is switched on, always keep your sWaP watch more than 6 inches (15 centimetres) from the pacemaker.
- Never carry your sWaP watch in a breast pocket.
- Use the ear opposite the pacemaker to minimise the potential for interference.
- Stop using and turn off your sWaP watch immediately if there is any reason to suspect that interference is taking place.

Hearing Aids

Some digital wireless phones may interfere with some hearing aids. In the event of such interference, you may want to consult your hearing aid manufacturer to discuss alternatives.

Other Medical Devices

If you use any other personal medical device, consult the manufacturer of your device to determine if it is adequately shielded from RF energy. Your physician may be able to assist you in obtaining this information.

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Important safety information (continued)

Batteries

To ensure optimal battery performance, charge a new battery fully before using it with your sWaP watch.

When you charge the battery it will feel warm. This is usual and the battery contains temperature protection circuitry. However, we still strongly recommend that you remove your sWaP watch when charging the battery.

Batteries can cause property damage and/or bodily injury such as burns if a conductive material such as jewellery, keys, or beaded chains touches exposed terminals. The conductive material may complete an electrical circuit (short circuit) and become quite hot. Exercise care in handling any charged battery, particularly when placing it inside a pocket, purse or other container with metal objects. Use only original sWaP approved batteries and chargers.

Never dispose of your sWaP watch or battery in a fire.

Do not dispose of your sWaP watch or battery in the household waste stream.

Recycle your sWaP watch and battery either through a mobile phone recycling scheme or at a local waste recycling centre. Contact your local authorities for more information.

Vehicles

Do not use your sWaP watch when you are driving. It is illegal in many countries to make or receive calls while driving.

RF signals may affect improperly or inadequately shielded electronic systems in motor vehicles. Check with the manufacturer or its representative regarding your vehicle. You should also consult the manufacturer of any equipment that has been added to your vehicle.

Specific Absorption Rate (SAR)

Your sWaP watch is a radio transceiver and meets R&TTE requirements for exposure to radio waves. It is designed and manufactured not to exceed limits for exposure to radio frequency (RF) energy. These limits are part of comprehensive guidelines and establish permitted levels of RF energy for the general population. The guidelines are based on standards that were developed by independent scientific organisations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age or health.

The exposure standard for wireless phone devices employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit recommended by the International Commission on Non-Ionizing Radiation Protection (ICNIRP), is 2W/kg averaged over ten (10) grams of tissue. Although the SAR is determined at the highest certified power level, the actual SAR level of your sWaP watch while operating can be well below the maximum value. This is because your sWaP watch is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a network transmitter, the lower the power output.

Before any mobile phone is available for sale to the public, it is tested to confirm compliance with the guidelines (e.g., at the ear) that conform to a uniform testing methodology determined by an expert standards body.

The maximum results for your sWaP watch when tested using the EGSM 900 and EGSM 1800 frequencies were as follows (all values are stated as Watts per Kg of head or body tissue averaged over 10 grams of tissue):

SAR values

- Please visit the sWaP website at: www.s-w-a-p.co.uk for accurate, up to date SAR values for your sWaP watch.

  While there may be differences between the SAR levels of various phones and at various positions, they all met the R&TTE requirements for safe exposure. Please note that improvements to your sWaP watch model could cause differences in the SAR value for later products; in all cases, products are designed to be within the guidelines.

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EU directive 2002/95/EC on the Restriction of the use of certain hazardous substances in electrical and electronic equipment (RoHS).

All sWaP products put on the market into the EU and EFTA Member States are in compliance with the EU RoHS requirements. The European Union's Restriction of Hazardous Substances (RoHS) Directive (2002/95/EC) restricts the use of lead (Pb), mercury, cadmium, hexavalent chromium and two bromine-containing flame retardants: PBB (polybrominated biphenyls) and PBDE (polybrominated diphenyl ethers) in electrical and electronic products.

EU directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE)

It is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for the recycling of waste electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste equipment for recycling, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

FCC warning

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Specific Absorption Rate (SAR) information

This wireless phone meets the government's requirements for exposure to radio waves.

The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health.

The exposure standard for wireless mobile phones employs a unit of measurement known as the Specific Absorption Rate, or SAR, The SAR limit set by the FCC is 1.6 W/Kg.